

ISOLATION TANK GNOSIS

Truth is Senior to Reality.

LORD TERRENCE-MONROE OF
SHERLEYS-WOMB

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Welcome to Isolation Tank Gnosis, or ITG for short. ITG as a practice is based on these beliefs:

1. The power of isolation: I believe that all I need to perfectly free, happy and enlightened is to be alone.
2. The power of the isolation tank: Floating in an isolation tank for 8 weeks was adequate for Harry Palmer to achieve enlightenment.
3. The power of personal investigation: I must see this for myself. I cannot rely on the past achievements or writings of anyone to confirm or deny the efficacy of this approach to enlightenment.

In short, you can see that ITG is all about you: using your self to find The Self. John C. Lilly referred to this as "The Gnostic Viewpoint." Certainly, there are many definitions and lineages of gnosticism. This particular lineage of gnosticism, known as Isolation Tank Gnosis, was implicitly codified during **an interview between Dr. Jefferey Mishlove and Dr. John C. Lilly** where the following exchange took place:

MISHLOVE: And you seem to be saying that it's up to each person to in effect make the same bridge that you have, and to create their own belief system, so that in creating that belief they can move into the state that that belief leads them to, so that they can then discard it again.

LILLY: That's the gnostic point of view — self transcendence, not transcendence through a church or a group.



**The Lilly-Mishlove interview – Thinking Allowed DVD –
www.thinkingallowed.com – “From Here to Alternity”**

The implicit formation of this flavor of gnosticism has been explicitly codified by Terrence Brannon via this text which has 3 major parts:

1. The practice section is the first and most important part. It provides the precise instructions for the single ritual in Isolation Tank Gnosis.
2. The service section is only for people interested in offering practice sessions to others.
3. The theory section gives a bit of background on what motivated the founder of ITG to establish this religion.

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PRACTICE

The Ritual of the Recluse is the sole practice of Isolation Tank Gnosis. Here are the instructions:

Float in the isolation tank for 8 weeks.

The complete ritual has been specified. The remainder of this chapter is used address common questions.

- Can I do less than 8 weeks? Sure.
- What am I supposed to do while in the tank? Nothing.
- What do you mean do nothing? I mean what I said: nothing. We have no instructions on what you should do in the tank. Harry didn't either. He just got in and laid there. He wasn't sure he was "doing it right" but it still worked.
- How is that supposed to lead to Self-Realization? Well it worked for Harry, why wouldn't it work for you?
- Why are you doing this? It's my life mission to impart this Isolation Tank Gnosis.
- Why is this your life mission? I can't explain that. I just know deep within me that when I bite the dust, nothing will matter more than how many people I have been able to help through this religion.
- Who is Harry Palmer? He invented the Avatar spiritual system after his 8 week isolation tank intensive. He wrote the text "[Living](#)

Deliberately" to chronicle his spiritual search before, during and after his 8-week intensive.

- Have you met him? Nope.
- Any suggestions on what to do in the tank? Not really. Remember the gnostics used the self to discover The Self, not a church or group. If they did it and if Harry Palmer did it and if John C. Lilly did it, then you can too.
- What can I expect to happen? You are welcome to read Harry Palmer's book, but my vows prohibit me from attempting to create expectations for your experience in the tank. So I have to politely refuse to answer this question.
- Are you enlightened? I am a humble servant of this technique. If I were here to empower you or initiate you, then I would indeed need some sort of power or realization. But my role here is assistant, not instructor, teacher, llama or guru.
- What if I'm hungry? If you are hungry, then exit the tank briefly to address this need. Then hop back in.
- What if nature calls? Exit the tank briefly to address this need. Then hop back in.

Recluse Intake Form

Please fill in the following sheet in the presence of the Abba:

How many weeks do you plan to practice?

Have you donated for your time?

YES / NO

How will you get food for yourself for the duration of your stay?

How will you access the bathroom?

How will you know when your practice time has elapsed?

Exit protocol

You are aware that you can exit the premises in complete silence and that the Abba will make no attempt to speak with you? She is happy to speak with you, but any conversation must be initiated by you, as we are committed to your personal sovereignty. YES / NO

Freedom from influence

- You are aware that you are entitled to be free from any form of intrusion during your practice? YES / NO
- You have been informed of the procedure for reporting violations of your personal ethics during your practice? YES / NO
- You are aware that all of the following constitute forms of intrusion and you do not have to tolerate them:
 - Suggestions from the Abba about what do in the tank.
 - Suggestions from the Abba about what to expect in the tank.
 - Suggestions from the Abba about what you must achieve while in the tank.
 - Conversation or interaction with the Abba or any outside communication source during the intensive.
 - Interruptions from the environment. E.g., loud sounds, thumping.
 - YES / NO

Signature of Recluse

Date: _____

Waiver Form

I would like to acknowledge Michelle DeRouen of **Float Houston** for the majority of this text.

We make all reasonable efforts to ensure a comfortable, clean, and safe environment for you. As such, you may be provided the opportunity of using our floatation tanks. Please read over the following information and sign your name and date at the bottom of the form to indicate your agreement and adherence with our policies and procedures.

1. I will NOT use the isolation (aka floatation tank, sensory deprivation tank):
 1. With oils or creams on my body.
 2. If I have any communicable or infectious disease or illness, skin disorder, large cuts, open sores or wounds.
 3. I am under the influence of alcohol or drugs.
 4. If I am epileptic, unless in the opinion of my physician my epilepsy is under medical control so that I am in sufficient control of my seizures not to endanger myself in the floatation tank.
 5. If I am pregnant and have NOT received permission to float from my health-care provider.
 6. If I suffer from any claustrophobic or small or enclosed space anxiety-provoking disorders.

7. If I suffer from diabetes, unless, in the opinion of my physician, my diabetes is under medical control so that I am in sufficient safety to use the floatation tank.
8. If I suffer or have suffered from chronic heart disease, unless, in the opinion of my physician, my chronic heart disease is under medical control so that I am in sufficient safety to use the floatation tank.
2. I further understand that the floatation tank uses Epsom salt (magnesium sulfate) and either hydrogen peroxide or chlorine cleaning products which will be in the water and that some people may experience skin allergies or reactions to such chemicals.
3. I also hereby agree and understand that I shall have consulted with my own healthcare provider prior to using the floatation tank if I am currently taking any medication or under a physician's care for any reason.
4. Upon using this floatation tank, I absolve this Gnostic Isolation Temple and its Abba(s) as well as Isolation Tank Gnosis and all of its officers from any and all liability in connection with use thereof whether such loss or damage be direct or indirect.
5. I further agree to take full responsibility for my thoughts and actions while in the floatation tank and the waiver of liability and all agreements made herein shall apply to each use I make of the floatation tank.
6. The Abba has covered the 7 logistical issues with me. I understand that the Abba is not being mean to me by not speaking when I exit. To the contrary, they simply want me to remain in my own space as

much as possible. I realize that I can initiate conversation with the Abba. I also realize that I can leave in silence.

Signature

of

Recluse

Date: _____

SERVICE

A servant is someone who has received so much benefit from the Ritual of the Recluse that they are interested in offering this service to others. A servant of Isolation Tank Gnosis has met the following requirements:

1. You have performed 1/8th of a Harry Palmer Intensive (7 days of continuous floating) and you are satisfied with the results. I don't need to hear about your results or apply any of my standards to you. I just want to know that you did it and are interested in others having access to such services through you.
2. You vow to leave the Recluse *completely* alone for the entirety of their Intensive. You review "Part I: Practice" in this text with the person, then remove yourself from their presence forever. Any further contact between you and the Recluse will be because they initiated it. You agree that any attempts to control (start, stop or manipulate) the experience of the aspirant via overt or subtle means is grounds for probation or excommunication.
3. You agree to attend regular meetings and pay annual dues to the chain of evangelists preceding you.
4. You agree that all evangelism of ITG follows the maxim: "where there's push and shove there is no love." Practically speaking, this means that you mainly use non-intrusive forms of advertising such

as newspaper ads, clothing, wellness fairs, and stickers and avoid aggressive proselytizing.

Definitions

Human Being

A carbon-oxygen machine that operates at 98.6 degrees Fahrenheit.

Isolation Tank

A device invented by John C. Lilly which attenuates or eliminates the influence of gravity, light, sound, and skin temperature on a Human Being. Variously known as the floatation tank or sensory deprivation tank.

Gnostic Viewpoint

Self transcendence as opposed to transcendence through a church or a group.

The Single Ritual

The Single Ritual in ITG is floating in the Isolation Tank for 8 weeks guided by the Gnostic Viewpoint. I.e., absolutely minimal interaction with the Abba or any other life form, communication, sound, image, etc. The first documented case of enlightenment achieved in this way was by Harry Palmer.

The Single Doctrine

The Single Doctrine of ITG is “come and see for yourself.” Theravada Buddhists use the Pali term “ehipassiko” to describe this idea.

Isolation Tank Gnosis

A 501(c)(3) religious organization characterized by The Single Ritual and The Single Doctrine.

Gnostic Isolation Temple

A facility offered in whole or part for the practice of Isolation Tank Gnosis.

Adytum

The room in the Gnostic Isolation Temple housing the Isolation Tank. Example: Your house could be a Gnostic Isolation Temple. The basement in your house might serve as the Adytum.

Recluse

A Human Being who comes to a Gnostic Isolation Temple for The Single Ritual.

Abba

The owner/operator of a Gnostic Isolation Temple. The operator is in agreement with the practice and service ethics of Isolation Tank Gnosis.

Agreement with the theory of Isolation Tank Gnosis is not required. She is a servant of the Recluse.

Temple and Adytum

The intent of Isolation Tank Gnosis is to reduce the impact of sound, gravity, skin temperature and light on the recluse.

With that in mind, let's approach the factors we aim to reduce systematically, starting with sound. This factor requires the most attention from you as an Abba. The tank itself will deal with the other factors just fine. But the need to supply air to the tank implies that sound can travel to the tank as well. So keeping 8 weeks of quiet for the Recluse is the responsibility of the Adytum, Abba, and Temple. Perhaps the Recluse likes earplugs, so have some on hand. But all in all make sure that the Adytum, Abba and Temple are reasonably silent for the Recluse. Granted, the Quiet Center is ever-present, even in a hurricane. But the first steps towards the Voice of the Silence are best taken in seclusion.

Regarding gravity, the tank will handle this just fine as long as the salt and water levels adhere to the measurements laid out in chapter 10 of the "The Deep Self" by John Lilly – "Standards for Isolation Tank Manufacture and Reuse". Salt levels can be maintained easily if you fill a small container with epsom salt. The container should let water in but prevent undissolved salt from exiting. A burlap sack makes a good choice. As the water dissolves the salt and the concentration demands more salt, the salt will make its way into the tank. As far as water, you might take a few teaspoons of water with you each time you exit the tank. So putting a cup or so back in per week should keep things at the suggested height of 10 inches. With all this being said, experience has

shown that 8 weeks of floating do not significantly deplete either water or salt.

Regarding temperature, the tank will keep the water and skin temperature of 93.5. The adytum should be temperature-controlled. I maintain the room at 82 degrees fahrenheit. Having the adytum a bit on the cold side allows the body to radiate heat, which it does for the first hour of a float anyway. After an hour a person's mind has dropped most of its clinging for preferences and the actual need for a precise temperature will attenuate. I once designed a tank that did not use heaters while the tank was in operation. I floated for 8 hours on my birthday with no sense of discomfort. The water had dropped quite a bit in temperature (I can't recall the exact reading. I think it was around 82 degrees).

As far as light, I find that most tanks do a good job of attenuating light. A related issue is how to provide lighting as the Recluse temporarily departs the tank for food or the bathroom. I like motion sensitive lights for this purpose.

Prosperity, Money and Dues

The driving goal of this chapter is to impress upon the reader the concept of prosperity and relate it to the workings of a God, should there be one. Let's first assume that there was some creative force that brought this universe into existence and let's call it The Big Bang. From that one big bang, this entire universe came into being and continues forward to this day (using the false presumption of linear time). Let's read that again: from that **one** big bang, this **entire** universe came into being and continues forward to this day.

So why is that so important? Well, what it tells us is something very important about the workings of God: she does something one time and reaps the benefits forever. So we can conclude that a Godly act is one that plants a single seed for a single forest to grow. Or that breaks one piece of bread and feeds a whole multitude. Or creates a single Tower of Babel and creates all the languages for people to speak.

Now moving from the religious to the secular realm, we still want to keep our focus on the idea that **a Godly act involves moving once to create infinite effect.**

I will now describe a few ways of creating income. Perhaps you can decide which ones are Godly and which ones are ungodly. Let's presume that we are taking a look at the people involved in the production of a theater play.

1. Person A takes a role as an actor in the play.

2. Person S is the screenwriter of the play.
3. Person I invested in putting on the play.

Now, let's ask ourselves, which of these people can do something one time and create infinite effect? The answer is: it's a trick question! They all can. How is this possible?

By one way of looking at things, Person A would only be able to earn income when they are acting. So it would seem that you *could* say: "Person A has to keep acting to attract income. Like any employee, they only earn money when they are trading hours for dollars." And indeed if you study Robert Kiyosaki's Cashflow quadrant, that would be your analysis. But what if this person was born to act. What if their performance was so gripping that it was played for years and years after that:



“Frankly my dear, I don’t give a damn.” – this classic acting is still a masterpiece to this day.

So even though a cold critical analysis of acting would lead one to think that it was a form of employment, it turns out that a single act can lead to infinite benefits. So acting can in fact be a Godly act.

Now screenwriting is clearly a Godly act. You write the play one time and then collect royalties every time the play is performed all over the world forever.

And finally, we can look at a person who lets his money work hard for him – an investor. They put a certain amount of money into the

production of a play and then kick back and let the dollars roll in as the customers pay to come see it.

So the Godly way to produce income is to be *prosperous* – to plant a seed of such value that it produces an ever-increasing forest of income.

Taking this into Isolation Tank Gnosis, we are offering something of infinite value: spiritual enlightenment. To quote **John-Roger**:

You can't pay for spiritual things; you don't have enough money. You are paying for material things. The Soul Awareness Discourses, MSIA tapes and books, etc., are physical things dealing with spiritual subjects. They only become spiritual when you get that information from them that spiritualizes you. The people who print our books and Discourses, the people we buy the blank tapes from—they are not giving these things to us for free. We have to pay for them. You can't possibly buy the information in them, but it's yours to use. It's free to you because I give it to you freely.

So the vision of ITG is also to plant a seed once and to create an infinite reverberation of income. And we do so using something called...

The Power of a Penny Doubled

Let's assume you had a magic box that could take any penny you gave it and give you back two. And let's say that you started with ONE PENNY and made use of your magic box once per day for 28 days. Well on day 1 you would have 1 penny. One day 2, you would have two more. On day 3, you would have 4 more. Now... how much money would you have on day 21 if you kept this up? More than 10 thousand dollars (1 million pennies). That's right. This very simple act of starting with a small thing of value and doubling it is a way to create huge sums of money from a very small sum of money in a very short time.

The goal of servant in ITG is to find and train two servants and impress upon them the goal of each finding two. Why? Because the same doubling power we saw in the penny is the same power we can use to produce an ever-growing number of ITG servants. If it took you 1 year to locate two servants and those two servants also managed to do the same within another year, then after two years an organization starting with one person now has 6 additional servants. If this process continues for 21 years, then there are now over 1 million servants of ITG starting with just 1! Wouldn't that be a nice gift for your deathbed: to know that you were the source of 1 million proponents of your religion. On the other hand, if you couldn't locate two servants within 1 year then just make sure to get it done in 1 lifetime. As long as these servants are also focused on doubling the people with the same intent, then it takes 21 lifetimes to complete the process.

So the goal is to have millions of servants but your own personal goal as a servant it just to find two and teach two to reach two who then continue this process.

Annual Dues

What better New Year's gift could there be than a small donation from the entire chain of servants you were responsible for seeding! What greater joy could there be than saying thank you year after year by sending a small donation to the chain of servants who preceded you? Don't answer that.

Anyway, a few particulars. Isolation Tank Gnosis makes use of [the Law of Time calendar](#) instead of the Gregorian/Julian calendar widely accepted in the Western World. New Year in the Law of Time calendar occurs on July 26th of every year. And the amount to send each

preceding servants? Oh any amount will do. And here is the tree of servants to date.

Swami Anand begat Harry Palmer begat Terrence Brannon.

Make all payments to Harry Palmer and Swami Ananda c/o Terrence Brannon.

Meetings and One-No Vote

Prospective recluses

The key idea in dealing with the public is “come and see for yourself”. Your goal is to be the messenger, not the message. Let the tank do the talking about how well it works. Keep the focus on inviting them to try it for themselves. If they want to know more about this organization, encourage them to visit the official website, read this book or read Harry Palmer’s book. If something is not answered by those resources, then we should focus on improving those resources. We want our resources to work hard for us, so we don’t have to work so hard. Furthermore, we can be certain of providing a consistent message to the public if we rely on our official resources.

OUTREACH

All forms of outreach in ITG follow the maxim “Where there is push and shove, there is no love.” We do not proselytize. Heck, most of us can’t even spell that word.

The primary form of outreach for ITG will be by offering ourselves as a float center. When a prospective recluse calls and asks for rates, we state an hourly rate and also inform them that we offer daily and weekly rates for those interested in continuous floating for extended periods of time.

Incoming Recluses

Once a recluse has decided that they want to book an intensive, you need to handle certain things well in advance and other things

Well in advance

One of the first things to do is to collect payment for the time. Because we strictly adhere to the policy of not approaching the recluse after his session, we collect 100% payment upfront.

These are the matters that you attend to prior to the arrival of the Recluse.

1. Donation
2. Sound
3. Salt
4. Room temperature
5. Water temperature
6. light
7. Food source
8. Restroom operating
9. Earplugs

Vows of the Abba

Please recite the following in the presence of the existing Abbas:

1. I have practiced the Harry Palmer intensive and was pleased with it.
2. I thoroughly love the idea of hands-off enlightenment and want to offer it to others. I find Part I of this book to be a useful set of tools for this purpose.
3. I am agreement with the practice and service ethics of Isolation Tank Gnosis (Part II). The Recluse shall come and see for herself and is free to depart in silence. Any communication with the Recluse will occur because the Recluse initiated it.
4. In my role as an Abba on behalf of Isolation Tank Gnosis, my guiding dogma is: "come and see for yourself." Therefore, in my dealings with the general public and with Recluses on behalf of ITG, I **SOLEMNLY** vow that my preprogram is not to preprogram others: not with my experiences. Not with my teachings. Not with anyone else's experiences. Not with anyone else's teachings. No form of suggestion to the recluse other than to exercise The Single Doctrine via The Single Ritual.
5. The theory of Isolation Tank Gnosis (Part III) is irrelevant to the spiritual freedom or me or anyone else. I'm under no obligation to agree with any of it.

III

THEORY

The theory of Isolation Tank Gnosis is 100% useless. **USELESS!** You read that right. Let me state that again, so you know it's not a typo:

The theory of Isolation Tank Gnosis is 100% useless.

That right useLESS, not useFUL.

In contrast, the practice of ITG is vital because it gives direct experience. All of this theory does not give any of that. It is just me popping off at the lip about a bunch of high-sounding metaphysical nonsense that I have run across during **my dazed and confused search for the truth.**

How can I know what the secret of nature is? People just want to be interesting when they try to explain everything.

Juliu Horvath, Founder of Gyrotonic

—

If you came here for a lecture, forget about it.... Truth exists between the words I speak.

Robert Adams

—

Yoga is 99% practice and 1% theory.

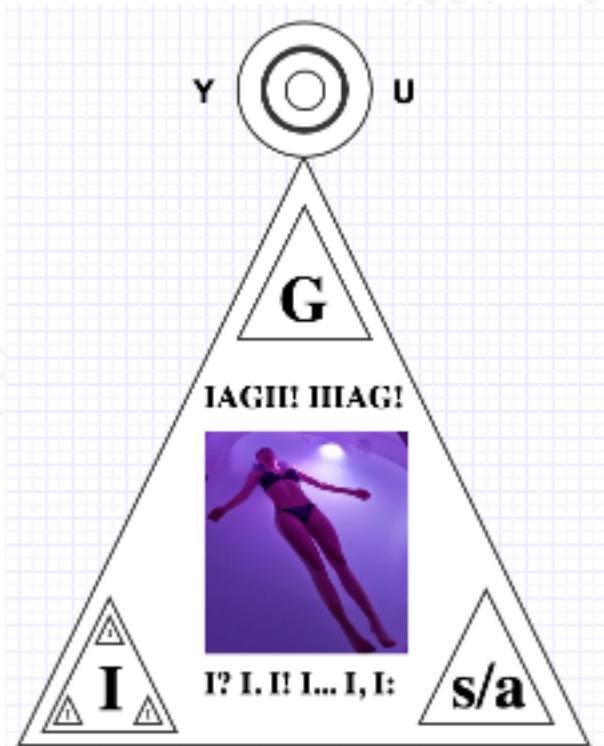
Balance Yoga Center, San Jose, CA

So why am I writing a theory section? Well, mainly because I found it useful to organize my thoughts. Also, I think the theory section is a useful smokescreen. It is a red herring that teaches an important lesson about valuing the words of others over your own direct experience. That's why acceptance into ITG as a servant only requires practice in isolation and service training with a focus on allowing others to practice in isolation — *no theory!* It does not require agreement with this long-winded theory section.

So now that you know that words are very useful for injunctive things (go do this) and grossly inadequate for descriptive things (e.g., trying to describe enlightenment), let's devote 4 or 5 chapters to describe spiritual states.

Elaboration on the cover diagram

Similar to what Franz Bardon did in my favorite work on High Magick, “Initiation into Hermetics”, I will now go over the cover diagram:



In the cover diagram we see a large triangle pointing towards the word "YOU." What this means is that ITG's intent to point you to You (union of the lower self with the higher self). Also note that you are above and beyond the triangle – the religious . Just below the image of the person floating, we see the letter "I" with a plethora of punctuation behind it. This represents the spiritual aspirant at the start of his journey. He is uncertain as to who she is, how the world got here and what her purpose is. On the other side of the woman floating is "IAGII! IIIAG!" This is the

proclamation of one who spends 8 weeks in Isolation – I Am God In Isolation! In Isolation I Am God! So Isolation is the path from confusion to permanent blissful realization of the true nature of yourself and the world.

Going back to the word “You” above the triangle, if you notice the letter “O” in this word has circles inside and outside of it. The meaning of three concentric circles is revealed in Harry Palmer’s “Living Deliberately.”

You will also note three triangles inside the large triangle. These inner triangles are the cornerstones of ITG:

1. The gnostic viewpoint – using the self to discover The Self as opposed to a church or group
2. Spiritology and Avatar are two very similar spiritual systems which both insist that all that you are experiencing is the direct result of your thinking. Both systems have their way of processing you to a state of clear – your original state of Unlimited Creator Abiding in High Indifference.
3. The “I” stands for Isolation. Isolation, be it via dwelling in the wilderness or floating in an isolation tank is our way of offering you the zero point of Spiritologie/Avatar iathe Gnostic Viewpoint.

Let’s take a different viewpoint on the three triangles inside the large triangle. A fractal is self-similar patterns repeating at different scales. So we can presume that the diagram is using these triangular patterns to refer to the fractal nature of reality – the whole universe really is just “I” at various levels of self-similar reflection and magnification. And these “I” are as small as a grain of sand and larger than the entire Milky Way Galaxy.

Just to show you how easy it is to create viewpoints on what is perceived, let's create a different theory on why there are 3 letter "I" around a big letter "I". The reason is that three eyes are hinting at the fact that the real you exists at the third eye.

Oh, I'm sorry, the 3 "I" have to do with the triune nature of a human: I the body, I the mind and I the soul.

No, I take that back. The key to the whole diagram are the letters "G,I,s/a". Those letters are an abbreviation for "Gee, I see all!" and note that the person floating appears to be opening up to a cosmic experience of seeing herself as one with everything.

See how quickly the path to truth gets obscured when you spend time reading books, listening to lectures and philosophizing with others instead of just laying in a tank for 8 weeks?

Elaboration of the elaboration.

Similar to the fractal nature of the universe, where every point represents the whole (as above, so below, microcosm = macrocosm), let us now delve into our elaboration. We said that a Recluse in search of enlightenment is initially confused about who she is. Hence the diagram shows "I? I. I: I! I..." The diagram is saying the person lacks a certainty about self. Now through floating (the image in the very center), the Recluse arrives at the conclusion "I Am God In Isolation. In Isolation I Am God!" (IAGII. IIIAG!)

Let us now "prove" the how the ritual, dogma and definitions of Isolation Tank Gnosis lead to this conclusion. Remember we have one ritual (the Harry Palmer Intensive) and one dogma (all you need to find God is to be alone) and a series of definitions covered in the Evangelism

section. Time to slap some bread on all that lunchmeat to make it digestible. Here we go:

1. TRUTH exists for YOU Alone.
2. When others agree with YOU, it becomes a Reality
3. TRUTH needs just one. Reality needs 2 or more. Since 1 precedes and creates 2, TRUTH is primary cause. Reality is secondary effect.
4. TRUTH has the following synonyms GOD, Love, Isolation, Oneness, Imagination, Delusion, Illusion, Hallucination, Orgasm, Creativity, Life Force, and most significantly YOU.
5. Some have postulated that "GOD is All". (see footnote 1)
6. If so, then GOD is One
7. GOD as all-one must be Alone.
8. In isolation, YOU are alone.
9. From (7) we have God = Alone. From (8) we have In isolation, you = Alone. Putting (7) and (8) together, we conclude In isolation, You = God.
10. Because Isolation is the permanent god-state, Isolation in and of itself is an *entirely*sufficient practice and path to God-realization.
11. The Isolation Tank provides isolation.
12. The Isolation Tank is therefore a complete, sufficient, and efficient practice for God-realization.
13. Rejoice and repeat: "I am god in isolation. In isolation I am god!" (IAGII.IIIAG).

Now that the complete doctrine has been laid down, I would like to acknowledge my source of inspiration for such a terse style of delivery. It was completely inspired by Ramana Maharshi's text "**Reality in 40 Verses**".

Footnotes

1. This is only a particular postulate about God. See “Simulations of God” by John C. Lilly for even more.

Elaboration of the elaboration of the elaboration.

It is time for one more round of elaboration. That's right. Just as Swami Ananda left Harry Palmer with 3 circles, we are now going to take one more tour into this diagram. Just as the movie “Inception” led us into layer upon layer of dream and waking states, we now delve directly into the heart of the diagram, for the heart of Isolation Tank Gnosis is simple: float for 8 weeks and be free.

In the very center of the diagram we see the Recluse floating in solitude. There are no words here, just a Recluse free of so many other-determined distractions:

No lights or pictures to react to. No need to evaluate the images as pro or contrasurvival. No need to think or recall or analyze. No sound to react to? Will it kill me or enhance my survival level. Water at my skin temperature allows my boundaries to melt away. For the first time in decades, 800 pounds of epsom salt buoy me up, **no gravity** to chain me this bird who wants to take flight. No need to do 1000 calculations per second on how to maintain balance. I am ALL alone. I am ME! I am FREE!

The complete comfort of the isothermal supportive bath in the dark and the silence affords a **complete** physical/mental/spiritual resting place...

John C. Lilly, “The Deep Self”

ISOLATION TANK GNOSIS IN CREATION POETRY

Having fed, the left side of the brain with proofs and reason, let's see if some poetry will lay a firmer foundation. Don't worry if you don't understand this. Each verse will be expanded upon in the following chapters.

1. Limitless, ineffable Primordial Samadhi is neither being or not-being. **Utter nothingness.** Utterly utter nothingness.
2. From Primordial Samadhi you arose as Pure Being – a subject with no objects. The Vedas refer to “The one without a second”, or “The Self”. No places people or things. **Pure Being.**
3. Pure Being believed there had to be something else – **Imagination.** The solitary subject imagined other objects.
4. But the Pure Being was not fooled. Just as a movie film has still images, no illusion of solidity or motion could fool Pure Being. The great law of impermanence disintegrated all objects and Pure Being always returned to Utter isolation. Oh, the bitter desolation of knowing you are all-one (alone)!
5. Pure Being was alone – all one with no one to play with.
6. Pure being continued the cycle of genesis: imagination, intention, creation, perception, experience...over and over.
7. The intent of the Pure Being was to create something other than itself. To create other-determinism, thereby reducing its self-determination for the sake of playmates in game after game. How nice it would be have places to explore and people to be with!
8. Eventually Pure Being successfully implanted itself with enough

limitations that it soon had a playground of apparently solid and fixed matter, energy, space, time, and life forms: **Consensus Reality**. And many of the creations were superior to the now-limited Original Subject. Some could outrun it. Some could kill it. Some were much bigger. All apparently were freely autonomous and out of the control of The Original Subject.

9. No longer was it completely self-determined. It was at the effect of its own creations.
10. The full cycle of genesis was crippled. Imagination, intention and creation were cut out. There was only perception and experience.
11. Repeated observation of perception and experience, with the faulty assumption of them being an eternal pattern, led to the sciences and mathematics: empirical attempts to codify what is perceived under the false assumption that it is fixed and unchangeable.
12. The urge to return to your home as a free creator led to the creative arts and religion: the urge to produce fresh new creations and reconnect with Source.
13. Some systems say Truth exists in Utter Nothingness. So be it. Other claim Pure Being as Truth. Very well. And indeed others, such as Isolation Tank Gnosis, abide in Imagination as Truth. I imagine that might be a good starting point or final destination. Regardless of which of these states is considered Truth, conscious abidance in any of them is entirely achievable with solo isolation tank work being the sole vehicle for the initiation, cultivation and mastery of said Truth.
14. No other-determined hindrances can stop the journey. Only a failure to enter repeatedly enter the isolation tank can hinder you.

15. Once stably back in Pure Being, the various implanted imaginations fall off as the false leeches they are. Self-determination to freely imagine returns. And the gateway to utter nothingness is available as well. Take your pick.
16. The full cycle of genesis returns! Therefore rejoice ye: "In Isolation, I am God. I am God in Isolation! (IIIAG.IAGII)"

Well I hope you enjoyed this chapter of hypocrisy. I start with a quote by Robert Adams stating "Truth exists between the words I speak" and then spent a whole chapter trying to speak about the truth using words. But you, being wise, paid attention to the space between the words didn't you? How did that work out? Write me a letter with your results and I'll be sure to look between the words to get your drift.

Sex, Drugs and Epsom Salt

Sex, drugs, and floating work perfectly fine without any religious teachings, don't they?!

ORGASMIC MEDITATION

Orgasmic Meditation is the central practice of [OneTaste](#), a for-profit spiritual business. The practice offers countless value. It is ranked in the top 20 best educational systems by Inc Magazine. As number 893 of the Inc 5000 fastest growing companies, it is providing a new stream of revenue for many people with a strong interest in earning an income in the sex industry. Above and beyond all of this, however, is the minimalist zen-like approach to sex as meditation. Instead of sex toys and stimulants, the system forces you to develop your ability to feel and sense at increasingly deeper levels than you thought possible.

The feeling-sense that grows over time is typically innate to women and foreign to men. It carries over into conversation, where men (or the masculine force, if you prefer) focus on facts and figures while women (or the feminine force) is more interested in the feeling behind the words. It also heals women of deep sexual trauma and heightens their ability to be orgasmic – turned on in and out of bed 24 hours a day, 7 days a week.

Women who have been diagnosed with permanent inability to orgasm have found their climax through this practice. Men who felt inadequate in bed enjoy 6-hour long sex sessions with ease. The success stories of

Orgasmic Meditation (OM) are countless visit [the official website](#) for more details.

TEMPLE OF THE TRUE INNER LIGHT

The Temple of the True Inner Light (TTIL) is a unique organization in the psychedelic space. While most psychonauts are happy to see peyote, marijuana, etc. as vehicles to higher consciousness, the Temple adopts a strongly different perspective:

The Psychedelic is the Creator. It is alive and a being of light.

Their perspective is not without historical documentation. The ancient aztecs referred to their psychedelic mushrooms as “The Flesh of God”. Note well: the mushroom **ITSELF** was in fact the flesh of god, not a vehicle to god, etc.

So consuming the psychedelic is called “Communion” and they put the message they receive from the Creator into action. They have healed many people of drug addiction via nutrition. But more importantly complete skeptics of their psychedelic-powered form of Christianity have recanted their views when partaking of their sacrament: complete atheists have witness Jesus the christ manifest and talk to them during Communion.

AND NOW FOR SOMETHING TOTALLY UNCALLED FOR... ISOLATION TANK GNOSIS!

Isolation Tank Gnosis is to floatation tanks what Orgasmic Meditation is to sex and the Temple of the True Inner Light is to psychedelics. In the sense that it provides a strict series of processes around a process

that apparently does not need it. Now, there are many ways to justify the origin of Isolation Tank Gnosis. The history section gave a temporal justification and a legal justification. In this section, we show how the basic function of the Isolation Tank complements a wide variety of world religions and spiritual practices.

Self-Realization in Advaita Vedanta

I can only speak from my own experience. There's no difference, to me, in the waking state, the dreaming state, the sleeping state, or the vision state. They're all the same.

I'm aware of all of them, but I am not them. I observe them. I see them happening. As a matter of fact, sometimes I can not tell the difference.

Sometimes I don't know whether I'm dreaming, or awake, or having a vision, or I'm asleep. It's all the same, because I take a step backward, and I watch myself going through all these things.

Heading 3

Gnosis' Genesis

Every religion worth its salt (no pun intended) has a creation mythology. You know, their way of offering a solution to the chicken-and-egg problem of human existence. Well, we aren't going to go that far back in time to chronicle the genesis of Isolation Tank Gnosis. First, because time is not linear anyway. But secondly because this religion didn't start that long ago.

So, the way ITG started was like so. I was living in Columbus, OH and was practicing a Chinese energetic meditation called Falun Dafa. I was putting myself through excruciating pain to sit in certain postures for the specified length of time. One day, I was grunting and heaving through a practice routine (while my neighbors peered out the cracks of their windows wondering if they should call the mental health clinic) and I simply decided that I had had enough. I packed up some bags and jumped in my '98 Nissan pickup truck and set my GPS for Chicago, IL.

I had decided I was going to float. Now, I had not floated since 1999 or so. And here I was 8 years later deciding on a Saturday to stop one spiritual system and take 6-hour drive to another state to revisit floatation, not having had any contact with it for so long.

I wasn't going to just any floatation tank center. I was going to Spacetime Tanks owned by Eric Polcyn. This was the longest-running float center in the USA - 26 years straight at that time. And they stayed open until midnight.

I got to Chicago Friday night and found a hotel near the float center.

I got some things from a local drug store. As I was standing in line, I couldn't help but notice how many people in line had large bottles of potent alcohol in their hands.

Finally, I made it to Spacetime Tanks and paid for some time. They have very generous rates there. You can get a monthly unlimited pass for \$125. I got into the tank and it wasn't long before the tank starting talking to me. I don't mean some sort of channeled message. But the message from the tank was as plain as day: "You are bunched up into a knot, my friend." The contrast was stark between the warm soothing smooth salt water and my bunched up body. I could feel my shoulders pulled up around my ears and could tell my whole frame was hunched forward. But the tank was with me the whole time. Patient and soothing, patient and soothing. At the very end of my float, I saw the Falun Dafa image in the darkness – I actually was having a mental discharge of all the doctrine I had crammed into my head.

It was at that point that I decided to stay in Chicago and spend 2 weeks decompressing.

Fight to open a center

So after my body-opening trip to Chicago, I came back to Columbus and bought a Float-to-Relax tank from [Frank Rodriguez](#). Man, I had some trippy experiences. Pretty soon I felt I needed to do my part to make floatation available in Central Ohio. I began to look into how to legally open a float center and my hopes were crushed. A floatation tank was considered a pool or spa device and it was a requirement that the water be chlorinated.

I really didn't want to put chlorine in the water. I didn't want people exposed to it via water or skin. Most commercial tanks use some

combination of ozone, ultraviolet light, or hydrogen peroxide to sanitize the water without impairing the health of the floater. I remember the heated email and voice conversations I had with the Ohio Department of Health. It didn't matter that prior research had shown that the more common methods of sanitizing a tank did in fact kill pathogens. All that mattered to them is what their rules said.

And that's when I took a close look at [the Ohio Department of Health laws of Pool and Spa inspection](#) and saw that bodies of water used for medical or religious purposes were exempt from inspection by the government.

I'd known of a center or two in New England that had a nurse on duty to leverage this exemption from the medical side. But as I reflected, I realized that there was no avenue to exercise this exemption from the religious side.

The Mishlove-Lilly Interview

As chance would have it, I was surfing YouTube and saw [an interview between John C. Lilly and Jefferey Mishlove](#). The interview was just like anything John Lilly did. Awesome and gripping and worth my time. But then Jefferey prompted Lilly about each person being responsible for exploring beliefs and Lilly replied: "That's the Gnostic point of view. Using the self for transcendence as opposed to a church or group." And I went crazy. Literally went crazy. Before I knew it, I was creating a website, getting tax-exempt status. The works. Don't ask me why. I just know I was off like the Energizer bunny before I knew it.

Spiritologie, etc

Right around the same time and place, I started to get acquainted with the Spiritologie teachings. They echoed Lilly's sentiment that each spiritual being can be 100% responsible for their experience.

So, from that time in 2008, I continued to attempt to offer floating on a commercial basis in Ohio as well as Florida. But it simply was not my thing. I've also attempted to affiliate with various spiritual groups and usually found myself ostracized for some reason or another. It appears that my life mission is to be a lone candle in the dark for others who want a path to enlightenment based solely on being alone.

FLOATATION TANK SPIRITUALITY BEFORE ITG

So there you have it. Since the development of the isolation tank in 1954, it has primarily evolved through scientific and commercial avenues. There have certainly been spiritual publications about floatation prior to Isolation Tank Gnosis. But I know of no bona fide religious organization whose primary ritual is usage of the isolation tank. What is the value of such a religion? The primary value is that it lends confidence to those who are contemplating not relying on a church or group for their spiritual liberation. I spent decades following organizations and their procedures and their implicit belief that God existed somewhere outside of me. Even after hearing spiritual giants like [Arunachala Ramana](#) tell me on a Sunday: "You are not in the world. The world is within you." it took much longer (and many more writings from a variety of sources) for it to finally sink in. This religion and these writings are yet another contribution to that line of spiritual perspective. Another value of this

religion is that a person who wishes to offer floatation without the harmful sanitation constraints of pool and spa regulations can exercise their right to freedom from inspection by claiming that the body of water is being used for religion purposes, specifically the "Ritual of the Recluse" and documented in the Isolation Tank Gnosis religion.

A Philosophy of Being

UTTER NOTHINGNESS (PRIMORDIAL SAMADHI)

Before the beginning was a cause and this cause made the decision to be. Previously, there were neither “being” nor “not-being”, only a potential to be.

You assume this precise original state almost daily! If you sleep – dreamless sleep – are you conscious that you exist? On the other hand, do you have the idea that you “not-exist”? No, and there is also “no time”, neither the question of “how long was the time before the beginning?”

Andreas Buttler “Spiritologie”

—



“I’m not sick... I just got a very funny feeling. It’s like I didn’t belong here. Like if I was to let myself go, I’d disappear.”

— *Twilight Zone, “And When the Sky Was Opened”*

These quotes point to a limitless, ineffable “state” which we will term “Primordial Samadhi.” The key things to note are:

- You enter Primordial Samadhi automatically via deep sleep.

- Primordial Samadhi has no being or beings, matter, energy, space or time. Nothing. **Utterly nothing.**
- Primordial Samadhi is the 'base state' and sole cause underlying all resultant effects such as matter, energy, space, time, people, places and events.

Review Questions

1. Give a practical example of Primordial Samadhi.
2. Is Primordial Samadhi a state of being? Why or why not?
3. Arunachala Ramana, founder of HAM.com once said:
"Enlightenment is freedom from being an individual, not freedom as an individual." Do you agree or disagree?⁴

PURE BEING

Have you ever woken up and wondered where you were? Or who you were? Even just for an instant? Congratulations! That was a moment of Pure Being. If you have not experienced a state of consciousness other than deep sleep, waking, or dreaming, be assured it has been found by many a sage:

Just on rising up from sleep, and before seeing the objective world, there is a state of awareness which is your pure Self. That must be known."

— Lucy Cornelissen, "Hunting the I"

The Self is pure consciousness in sleep; it evolves as 'I' without the 'this' in the transition stage; and manifests as 'I and this' in the waking state.

— Lucy Cornelssen, “Hunting the I”

Let’s take a look at some, shall we say, impure states of being:

- I am an American.
- I am male.
- I am a proud mother of two lovely boys.
- I am a liberal.
- I am holistic healer, raw vegan, reiki practitioner.

Did you notice “I am” at the front of all of those sentences? That “I am” is Pure Being.

“Not I am this or I am that. Simply I AM”

Vivian Zelig, AHAM.com

What was “God’s” response when Moses asked him his name? The answer was “I am that I am.”

Are you that I am? Well, kinda. You certainly have flashes of it. But flashes of it are not enough to withstand being nailed to a cross. Flashes of it will not give you the power to turn a cane into a serpent. You need to turn your 1-second experience into a 24-7 nonstop party:

This pure state momentarily intervenes between sleep and waking. **If prolonged it is cosmic consciousness.** This is the only passage to the realisation of the Self-shining Supreme Be-ing.

— Lucy Cornelssen, “Hunting the I”

So we've seen a practitioner of the Eastern spiritual arts discuss Pure Being, let's let a Westerner put his spin on it:

Life is basically a static. Definition: A Life Static has no mass, no motion, no wavelength, no location in space or in time. It has the ability to postulate and to perceive.

— L. Ron Hubbard, "Axioms of Scientology"

Sounds like Pure Being to me. Now go get into the tank for 8 weeks for some direct research.

Reflection and Summary

So far, we have looked at two parts of human experience that don't get much attention in the mainstream media. When was the last time that the cover of the New York Times read: "Man spends 6 hours tossing and turning in bed completely unaware of who or where he was." When will the next Nobel Peace Prize be awarded to someone who awakens from deep sleep and preserves her lack of identity and geo-sense for 24 hours without fail?

Anyway, I think you get my drift. The deep sleep and pure being states are well-known by certain parties who prefer to be at cause over their experience and to know who they really are and what they are capable of.

There are a number of approaches to enhancing your ability to function in these states. Some traditional and others modern. The purpose of this text is to present the isolation tank as yet another method to the same old goal of enlightenment by seizing the crown of turiya? What's that? Well, who could put it better than ol' Lucy:

Actually there is only one awareness underlying the three states of consciousness (waking, dreaming, deep sleep), being their very substance and at the same time transcending them. It is called turiya... Because of the turiya being the substance of the other three states, we can become aware of the transitional 'I' and in the same way we can realise turiya as our true nature: Pure awareness, never waking or sleeping, never being born or dying.

Lucy Cornelssen, "Hunting the I"

Review Questions

1. Define Pure Being.
2. Relate a time in your life when you experienced Pure Being
3. Ramana Maharshi once said: "Sugar candy is still sweet even if it is crushed." Apply this concept to Lucy Cornelssen's statement about Turiya.

THE DREAM STATE

Many religious traditions place extreme emphasis on dwelling in Primordial Samadhi or Pure Being. They live in dark nunneries for decades reciting mala beads all day, flagellating themselves, fasting, meditating, and so forth.

They have no interest in the dream state or waking state. Truth and God are eternal and exist in the solid rock of Primordial Samadhi or Pure Being.

If something changes, it can't be real.

Robert Adams

In contrast, other systems enjoy trying out various impure states of being to behold the games and problems that ensue in the dream and waking state. For instance, let's presume I consciously dwell in the dream state (like any self-respecting shaman can) as follows:

1. I am a black male (notice "black male" after "I am". We have assumed an impure state of being).
2. Black people are second-class to White people

Now let's assume some other spiritual being is working in his dream state as follows:

1. I am a white male (another impure state of being).
2. White people rule and Black people suck. I'm glad I'm a cop so I can fuck them in the ass.

So now we have two subjective dream states. What objective waking state incident do you imagine happens that day? What do you suppose Trayvon Martin was dreaming the night before he was murdered? If you had shadow-walked in the astral with Eric Garner the night before he was handled with excessive force, what thought forms would you have seen?

The cycle of genesis is imagination, intention, creation, perception, experience...over and over. All of which is occurring against an aware, compassionate nospace background—the detached higher self, pure awareness!

Harry Palmer "Living Deliberately"

Before moving further let's understand:

- Each human is 100% responsible for their waking state experience. Both victim and perpetrator imagined limited identities and both got exactly what they dreamed up.

Type Four belief systems contain intentionally created beliefs. They are created so that their creators can acquire experiences, new perspectives, and ultimately reassure themselves of their own unlimited source. This is the belief system of gods. Avatar is a Type Four belief system.

Type Four belief systems are usually temporary and changeable as there is no hard reality that they pretend to reflect. Type Four believers employ beliefs to knowingly create in the medium of experience. They believe for the purpose of experiencing. They tend to be appreciative and respectful of different belief systems, but will seldom defend any. They frequently change their beliefs to explore new possibilities and new facets of experience.

Harry Palmer "Living Deliberately"

IMAGINATION AS TRUTH

So yes, in Isolation Tank Gnosis, we adopt Imagination as Truth, not Primordial Samadhi or Pure Being. We like the Infinite Game and intend to play it forever.

I had a realization: Truth is relative to the point of view from which it is perceived. What I look as and where I look from determine my perception of truth.

I experienced deep compassion as I understood that everyone, from their viewpoint, is seeing truth. I think this is a key understanding for creating a harmonious civilization.

Harry Palmer "Living Deliberately"

One thing should be noted though. Many people have limited

themselves with a long chain of hidden subconscious programs. They really no longer can clearly imagine. They cannot sky-walk between Primordial Samadhi, Pure Being and Impure Being / Imagination in full awareness. Therefore, they are trapped as a victim in finite games instead of having fun in an infinite game.

The isolation tank is a particular approach to rehabilitating a being to full awareness and power.

IMAGINATION AS WASTEFUL MIND CHATTER

E. H. Shattock, an Experiment in Mindfulness

OTHER PLANES OF CONSCIOUSNESS

The Quiet Center (Turiya)

The Zone

LIFE STATE REVIEW

There are pictures of me as a child, but I was not there controlling that body. Yet, somehow it functioned just fine without me thinking and worrying about it and hating others because of it like I do now.

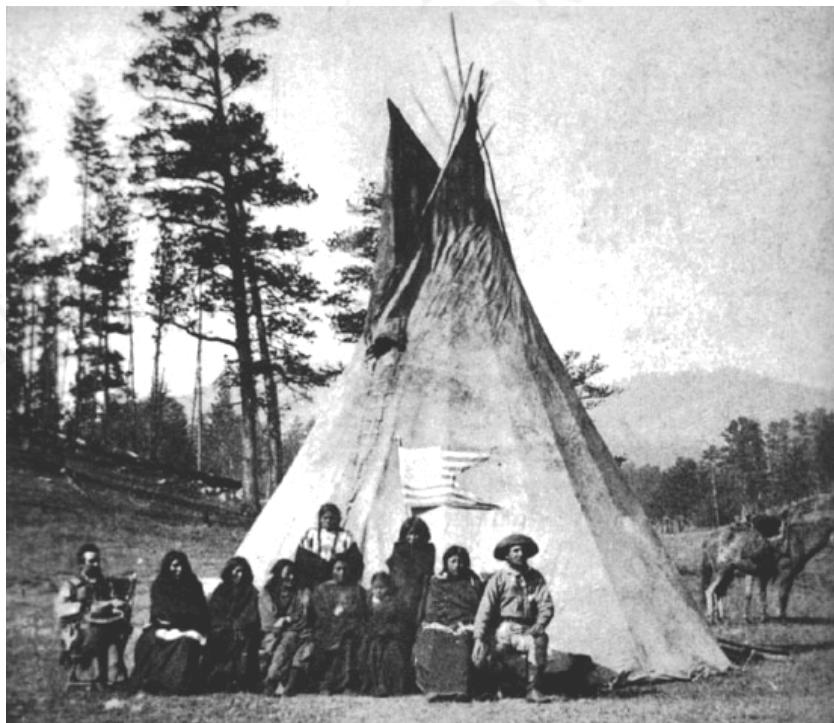
Terrence Brannon

Enlightenment is freedom from being an individual, not freedom as an individual.

Arunachala Ramana, AHAM.com

A Philosophy of Truth and Reality

TRUTH IS A TIPI



Truth in Isolation Tank Gnosis is actually not so complex – it's whatever you imagine, whenever you imagine it, even if no one else agrees with you. But it does help to expand on it, so let's see how Truth is a TIPI. Let's see how it is (T)emporary, (I)maginary, (P)ersonal and (I)mmediate.

Truth is Temporary

Truth is imaginary

“”There is a fifth dimension, beyond that which is known to man. It is a dimension as vast as space and as timeless as infinity. It is the middle ground between light and shadow, between science and superstition, and it lies between the pit of man’s fears and the summit of his knowledge. This is the dimension of imagination....”

My, I like this imagination thing. It sounds... unlimited!

“”You’re traveling through another dimension, a dimension not only of sight and sound but of mind; a journey into a wondrous land whose boundaries are that of imagination. That’s the signpost up ahead ...””

The signpost up ahead, like the one in my dream awhile back?

“”You’re traveling through another dimension, a dimension not only of sight and sound but of mind; a journey into a wondrous land whose boundaries are that of imagination. ””

I like travel don’t you? New things to see and do. So refreshing!

“”You unlock this door with the key of imagination. Beyond it is another dimension: a dimension of sound, a dimension of sight, a dimension of mind. You’re moving into a land of both shadow and substance, of things and ideas; ””

Unlock the door with imagination as the key. I would like to thank Rod Serling, developer of the Twilight Zone, for the quotes above. They set the stage nicely.

So let's work with our theme: "Truth is personal, imaginary and immediate." This takes a great load off your shoulders. There is no longer a need to perceive this vision or that vision. No need to answer questions to qualify for an occult mystery school. Just enjoy the sensory phenomena passing by. That sensory phenomena qualifies as Truth in ITG. It happened to you personally. You imagined it. And it was instantaneous.

The real key though, is that most of your imaginations have to do with what John C. Lilly called "interlock". For instance, if your mother has just been bickering at you for the past hour and you enter seclusion, what will you be imagining for the first few minutes or so? That's right, her ideas and thoughts. And your reactions to them. So how personal and imaginary are your thoughts when you just had a high-sensation interlock with another human being? Not so personal.

Now, of course after awhile, you will drop your mental engagement with her and you will drop into your own world. So we see that isolation of all sorts makes Truth increasingly personal because your imaginations become more and more self-determined instead of other-determined.

The immediacy of imagination can be hindered by interlock as well. Perhaps you will spend time doubting your right to think certain thoughts. Maybe you will be worried about what Mother might think. So we see the immediacy of your Truth will improve with isolation as well.

We will delve into isolation and Truth more in a later section.

Truth is Personal



That isn't true. They're not necessary. Why? Why does everyone want to force me to do something I don't want to do?

Twilight Zone "Number 12 Looks Just Like You"

TRUTH IS 100% PERSONAL. YOU ARE NEVER SEPARATE FROM THE TRUTH. Truth is the most central topic in ITG because the purpose of ITG is to aid the search for Truth. What is Truth? ITG adopts the definition of truth laid down in "Spiritologie" by Andreas Buttler: "Truth exists for you alone. If others agree with you, it becomes a Reality."

ITG considers illusion, delusion, imagination, dreams, fantasies and hallucination to be synonomous with Truth.

There is really nothing more to say. But let's just re-iterate:

- If Planet Earth has 4 million people and 3,999,999 all think the sky is blue and you think it is red, then the **Truth** is that it is red. As John C. Lilly put it, everyone has in-sanity: EVERYONE is internally sane. The “problem” occurs when you freely express our in-sanity to others because there is never complete agreement between the internal sanity of any 2 human beings.

Psychology is, so to speak, simply being 'used' and even only exists – with this phony theory of 'normality' – to give you a hellish fear of think- ing differently or being different from your environment.

I would like to invite you to please quit adjust- ing your personal truth to that of the public and not even letting it be adjusted. That is what truth really is, namely a personal, individual thing!

“Spiritologie” by Andreas Buttler

Truth is immediate

That's right Truth is immediate. No need for pondering, reading, reflection, long pilgrammages to sit at the feet of the guru. Nope. None of that. As Sailor Bob Adomson put's it: “What's wrong with right now unless you start thinking about it?”

REALITY IS SHARED IMAGINATION

Reality occurs when two or more beings agree that something is so.

TRUTH occurs when *one being* says that something is so. Because one proceeds two, TRUTH is primary and Reality secondary.

That was nice and logical but let's let Mark Twain wax poetic: "Reality can be beaten with enough imagination."

ITG exists to assist the return to TRUTH. Of course, since a being can never leave the TRUTH, this is a ludicrous statement. But without isolation, a being may not realize the ever-present TRUTH. So, we provide the minimum amount of procedures and viewpoint to aid the search.

We will conclude this chapter with two contrasting writings on Reality and a bit of commentary on each.

"The world is in your mind" viewpoint

We need to define one term in the quote to follow and that is "consideration". A consideration is a creative thought — Michael Jackson before composing "Billie Jean", Van Gogh before composing "A Starry Night." So now let's read the quotation:

Considerations take rank over the mechanics of space, energy, and time. By this it is meant that an idea or opinion is, fundamentally, superior to space, energy, and time, or organizations of form. It is conceived that space, energy, and time are themselves agreed-upon considerations. That so many minds agree brings Reality in the form of space, energy, and time. These mechanics of space, energy, and time are the product of agreed-upon considerations mutually held by life.

The aspects of existence when viewed from the level of Man,

is a reverse of the greater truth above for Man works on the opinion that mechanics are real, and that his own personal considerations are less important than space, energy, and time. This is an inversion. These mechanics of space, energy, and time, forms, objects and combinations thereof, have taken such proportions in Man that they have become more important than consideration of his own personal thoughts and feelings, and so his ability is overpowered and he is unable to act freely within the framework of mechanics. Man, therefore, has an inverted view. Whereas considerations such as those he daily makes are the actual source of space, energy, time and forms, Man is operating not to alter his basic considerations; he therefore invalidates himself by supposing another determinism of space, energy, and form. Although he is part of that which created these, he gives them such strength and validity that his own considerations thereof fall subordinate to space, energy, time, and form, and so he is unable to alter the Universe in which he dwells.

The freedom of an individual depends upon that individual's ability to alter his considerations of space, energy, time, and forms. He creates these by his own thoughts and feelings, and by the roles he plays in the universe, and by the barriers of his own creation. Man thus is seen as being enslaved by barriers of his own creation. He creates these barriers himself, or by agreeing with things which hold these barriers in actuality.

There is a basic series of assumptions in processing, whose assumptions do not alter the philosophy of Scientology. The

these assumptions is that Man can have a greater freedom. The first assumption is that so long as he remains relatively sane, he desires a greater freedom. And the third assumption is that the auditor desires to deliver a greater freedom to that person with whom he is working. These assumptions are not agreed upon and are not used, the process degenerates into "the observation of effect", which is, of course, goal-less, soulless pursuit, and is, indeed, a pursuit which has degraded what is called modern science.

The goal of processing is to bring an individual into such communication with the physical universe that he can regain the knowledge and ability of his own considerations (postulates).

— L. Ron Hubbard "Scientology 0-8"

Now, if considerations take rank over the mechanics of MEST (Matter, Energy, Space and Time), then certainly creative thought processes take rank over the entities and interactions within MEST as well! This means that all of the hard and soft sciences are *transient figments of imagination*.

"The world exists independent of your mind"viewpoint

We now will read a different text which explores another viewpoint on reality.

... Reality ... expresses that which is completely objective and is opposed to anything subjective. By objective we mean existing in the mind, outside it, and wholly independent of it. Subjectivity, on the other hand, takes the meaning of that which is in the mind. For instance, consider the case of a small child which has its

stepped on for the first time. The child perceives through the sense of sight that a thing has caused a sensation of pain, also this was not under the control of his mind --- therefore it is objective. The sensation of pain passing to the child's brain, this thought of fear, or anger directed towards the cause of the sensation. This thought is subjective.

— “Reality” by John Lilly, Republished in Appendix One of “Simulations of God”

RELATING STATES OF BEING WITH TRUTH

human experience	point of view	description	signature text	truth abides here for
Deep sleep	None	Nothingness, emptiness	“Hsin Hsin Ming” (The Book of Nothing) by Sosan	Zen and Tibetan Buddhism
Upon waking	Subject with no objects	Pure being, Consciousness without an object, Advaita Vedana, All-one, Aloneness	“Reality in 40 Verses” by Ramana Maharshi	Advaita Vedanta, Franklin Merrell-Wolff
Dreaming	Subject with personal objects	Truth, Imagination, Illusion, Shamanic Journeying, Psychedelic Trips, Pure Mathematics	“Spiritologie”	Isolation Tank Gnosis, Poetry, Dance, Art, Cartoons, Pure Mathematics, Quantum Physics

human experience	point of view	description	signature text	truth abides here for
Waking state	Subject with objects other subjects agree on	Reality	Any classical mechanics textbook	Applied mathematics, Science other than Quantum Physics, a Court of Law, Intentional Communities

Life State Review

There are pictures of me as a child, but I was not there controlling that body. Yet, somehow it functioned just fine without me thinking and worrying about it and hating others because of it like I do now.

Terrence Brannon

—

Enlightenment is freedom *from* being an individual, not freedom as an individual.
Arunachala Ramana, AHAM.com

—

STUDY QUESTIONS

1. Enumerate the 4 primary life states.
2. Create a life state review chart. This is an extensive exercise and could take several weeks or months to complete.

Cornerstone of Truth: Gnostic Viewpoint

GNOSTIC VIEWPOINT

Why you don't want to depend on a church or a group (or in fact, any other person) for your spiritual unfoldment

1. Nature
2. Death
3. Change in organization
4. Banning

Cornerstone of Truth: Isolation

When we look at isolation as a cornerstone of truth, we can focus on three different flavors of isolation:

1. environmental isolation, such as being in the wilderness or at sea
2. “mystical” isolation such as astral projection or yogic sense withdrawal
3. neural isolation, such as the isolation tank

ENVIRONMENTAL ISOLATION

(refer to The Deep Self)

MYSTICAL ISOLATION

Mystical isolation differs from the other two types of isolation in that it asserts that there are universes and bodies of a human other than the physical. A wide variety of mystical traditions hold this viewpoint. We take a brief survey of them in this part.

THE ALIVE INNER SENSE

Cut free from the chains of the outer senses, we are now free to dive deep into our ever present Self – the Alive Inner Sense. There is a rich body of religious literature documenting this:

The mystic is one who has attained cosmic consciousness by a complete severance of the seats of consciousness and sensation. He is then almost totally unaware of his body and is totally aware of the Light of God centering him.

The way to gradually attain cosmic consciousness is to intensify one's conscious awareness by much aloneness and companionship with God while manifesting Him in every moment and in every task of life.

The deterrent to cosmic consciousness is the feeling that God is far away instead of being within, and that we can reach that far away God only through sources outside of ourselves.

Walter Russell "The Secret of Light"

Christian Science

Rightly understood, instead of possessing a sentient material form, man has a sensationless body... sensation in the body implies a diseased tendency. Even on the human plane we are not conscious of heart, lungs, eye, or ear, unless mortal mind is offering a report of some discordant condition, and the remedy for this is to lift the discordant thought from the body, or, as the Master has bidden us, "Look up, and lift up your heads."

Mary Baker Eddy "Science and Health with a Key to the Scriptures" 280:25

Mary Baker Eddy to points us to this sensationless body. She and other Christian Scientists have used this body to effect miracle cures on the physical body simply by changing the person's thinking patterns.

Isolation Tank Gnosis advocates the isolation tank as another approach to dwelling in the sensationless body.

Theosophy

Let's leave Christian Science and bop on over to Theosophy:

The WISE ONES tarry not in pleasure-grounds of senses...

The Self of matter and the SELF of Spirit can never meet. One of the twain must disappear; there is no place for both.

... the bud of personality must be crushed out, the worm of sense destroyed past resurrection

... Then will she show thee the means and way, ... glories untold, unseen by any save the eye of Soul.

Helena P. Blavatsky "The Voice of the Silence"

There is no end to Blavatsky's exhortations to seek the world beyond the senses. After reading "The Voice of the Silence" you are salivating to experience what she writes about. But WHERE is the technique to liberate the Recluse from the outer senses? Well, thankfully for us, ol' JCL designed the isolation tank.

Fourth Way / Gurdjieff Teachings

Our vanity convinces us that the machine is awake and supports this illusion with activity, **sensation**, and associative thought.

E. J. Gold, "The Human Biological Machine as a Transformational Apparatus."

E.J. Gold is a spiritual teacher in the vein of G.I. Gurdjieff. His central postulate is that human beings are asleep – they are nothing but a bundle of reflexes with no genuine freedom to act – they only react the

way a machine does — you push this button, you get this response. E.J. states that sensation is part of what holds the Recluse imprisoned in a sleep from cradle to the grave. Why don't you take a dip in the warm salt waters for 8 weeks and see what reduction of sensory stimulation does for creating a truly awake being?

Christianity and Judaism

Let's take one more quick dip in Western spirituality before heading to the Far East:

for the things which are seen are temporal; but the things which are not seen are eternal.

2 Corinthians 4:16, 18

And here is what the mystical Christian **Meister Eckhardt** had to say:

If only you could suddenly be unaware of all things, then you could pass into an oblivion of your own body... memory no longer functioned, nor understanding, nor the senses, nor the powers that should function so as to govern and grace the body... In this way a man should flee his senses, turn his powers inward and sink into an oblivion of all things and himself.

I dont think any discussion is needed on that. And about the nun St. Teresa of Avila we have:

The kernel of Teresa's mystical thought throughout all her writings is the ascent of the soul in four stages... The fourth is the "devotion of ecstasy or rapture," a passive state, in which the consciousness of being in the body disappears (2 Corinthians 12:2-3). Sense activity ceases; memory and imagination are also absorbed in God or intoxicated.

During the short time the union lasts, she is deprived of every feeling, and even if she would, she could not think of any single thing... She is utterly dead to the things of the world... The natural action of all her faculties (are suspended). She neither sees, hears, nor understands.

William James quoting from St. Teresa of Avila, "Interior Castle"

Upanishads and Yoga

Now, it has elsewhere been said: 'He who, with senses indrawn as in sleep, with thoughts perfectly pure as in slumber, being in the pit of senses yet not under their control, perceives Him who is called Om, a leader, brilliant, sleepless, ageless, deathless, sorrowless—he himself becomes called Om, a leader, brilliant, sleepless, ageless, deathless, sorrowless.'

The floatation tank is the perfect place to be in the pit of the senses (the planetside trip here on Earth) yet not under their control. I'm sure the rishis in the caves of India foresaw the development of the isolation tank for this purpose. You see, in the Upanishads, a human being is likened to a city with ten gates. Nine gates (eyes, nostrils, ears, mouth, urethra, anus, etc.) lead outside to the sensory world. The third eye is the tenth gate and leads to inner realms housing myriad spaces of consciousness.

Now let's continue our tour of India with a look at Yoga. Yoga, rightly understood has 8 steps:

1. Yama: codes of restraint, abstinences
2. Niyama: observances, self-training
3. Asana: meditation posture
4. Pranayama: expansion of breath and prana
5. Pratyahara: **withdrawal of the senses**
6. Dharana: concentration

7. Dhyana: meditation
8. Samadhi: deep absorption

If you notice, the 5th step is withdrawal of the senses. Everything before that is designed to increase your proficiency at withdrawing the senses. So, if you can withdraw the senses directly, then there is no need for any of the lower steps (such as spending years twisting yourself into a pretzel. That is known as “Asana”, or step 3). And what do you imagine that Isolation Tank Gnosis advocates as a way to withdraw your senses? Just take a guess!

One other thing to note: the “final step” is samadhi. However, the person who codified the Yoga Sutras, Patanjali, stated that there are hundreds of samadhis beyond the initial samadhi. For this reason, when a member of Isolation Tank Gnosis is asked: “are you realized?” we simply reply that we are here to facilitate a process and that our personal state is irrelevant.

Buddhism

While we are visiting the East, let’s take a look at a Buddhist monk setting himself afire:



Buddhist nirvana occurs when one no longer craves or rejects sensation. Quang Duc, a Buddhist monk, set himself on fire and remained perfectly still. He was free and happy of the senses. A Recluse does not master his senses, but he does get away from them.

Scientology

Since scientology is so similar to Buddhism and the systems have similar theoretical foundations (NOT), it is only fitting that we continue with a look into the viewpoint of Scientology on sensation:

In the Motions Universe, we have the beginning of real sensation as we know it now. ... And as people became more attached to sensation, it became possible to control and confuse them by hitting them with waves of sensations. And so we have the individual much more at effect than he was previously.

Ken Offer "Super Scio" Chapter 15. THE MOTION UNIVERSE

ANALYSIS: the creative spiritual being, Our Real Self, known as a “thetan” in Scientology, exists prior to sensation. The initial creative being existed as a no-thing but over time created the ideas of motion and sensation. By reducing sensation, we naturally become more Our Real Self, prior to sensation.

Conclusion and Summary

Well, that was a nice all-expense paid trip through a variety of spiritual systems and their insistence on freedom from the mortal senses as a crucial step in spiritual growth. Armed with this information, we may now be motivated to slay the dragon of the outer senses. Each system has their approaches to the issue, Isolation Tank Gnosis recommends the Jenny Craig calorie counting app on the Apple app store as the supreme approach to reducing the effect of sensory stimulation on the carbon-oxygen machine operating at 98.6 degrees fahrenheit. Oops, I mean we recommend the Isolation Tank as a way to achieve isolation and god-realization.

THE ISOLATION TANK

Now we come to the isolation tank...

Cornerstone of Truth: You As Avatar

An avatar is an incarnation of God. The religious viewpoints on who or what an avatar is vary greatly. In Christianity, Jesus is an avatar. In Mexican Shamanism, the Psilocybin mushroom is an avatar. They refer to it as “[teonanacatl](#)” or literally, “The Flesh of God.” Buddhism does not admit the existence of a God and therefore does not admit the existence of an avatar either. They also strongly assert the lack of existence of a self. And to their credit, they back it up with a solid practice to supplement their theory.

The set of teachings that currently interest the author are those which assert that you are God.

Like a Beached Whale

Everywhere I turn, another person, place or thing. Coming at me, going by me. Lights, sounds, colors and textures assail me, force me to evaluate them. Friend or foe? Threatening or benevolent? A room full of people stabs my heart with suicidal loneliness. Me and my tank and no other person place or thing, and I am soothed with sweet solitude. No money and no room for tank. I suffer greatly, every day a walk through thorns and brambles, ceaselessly tearing at my skin.

My tank arrives and I eagerly tear open the packing, set it up, throw in the salt and water and climb in. At last I am home! HOMe, sweet hOMe!

— Terrence Brannon

So there you have it folks. The innermost thoughts of a tank addict. Yes, I am a junkie. But as fate would have it, there are times where there is no tank available to me. At these times, we need some method of getting the effects of an isolation tank without actually having one. Let's take a look at a few.

Harry Palmer's Buck Mountain Technique

In Living Deliberately, Chapter 2, Harry states:

Now the young disciples came to me. They were sure I knew, because I said I didn't know. They didn't know either, but what I accepted matter-of-factly, they resisted. "Tell us what to believe, Harry." **Have any words more dangerous ever been spoken?**

But as long as they helped with the chores, they were welcome. When they thought too much, I instructed them how to create stillness: “Close your eyes. Let go. Look for something in your mind that is not a thought. Concentrate on the space between thoughts.” Eventually, for the ones who were willing to practice, their mental skies cleared.

I can attest to the power of these instructions to create super-trippy dream states. Can’t comment on the waking state efficacy.

Willis Earl Beal and The Church of Nobody

If you make it far enough in the Life Integration Principles that Bill Harris offers in the Centerpointe trainings, it will be clear that “Truth” cannot be spoken. But Willis Earl Beal does a pretty damned good job through a combination of sincerity and soulful singing, as evidenced in “Church of Nobody” volume 1 and the indy movie “Memphis”.

Yin Yoga

One thing that often happens to me in my float sessions is that an entire block of tension will drop out from my body all at once. I remember once it felt like hitting an air pocket in an airplane. It seemed like my body fell 4-6 inches in one second because my muscles had relaxed so much.

At other times the relaxation is more gradual. But relaxation is certain. Why? Because epsom salt is a muscle relaxant and the reduction in stimulus will take your brain out of beta and into the alpha/theta range.

And that is the amazing thing about a float session. You enter the tank rather thick and solid and you come out smooth and fluid. And you didn’t do anything in particular in the tank. But the environment of the tank smoothed you out.

And that's where Yin Yoga comes in. In Yin Yoga, you assume a bodily position and remain in it for at least 3 minutes. Over the time of simply being in that pose, your body starts to melt. You start to find space and opening in the very same position. Words simply can't describe the way you become more and more open gradually in these poses. But I can tell you, it feels great. I start a pose with the intention of being in it for 3 minutes and sometimes stay there for 15 minutes, dozing off to sleep and coming back to waking — just as I often do in tank sessions!

So I would say that Yin Yoga offers me some of the relaxation benefits of a tank session. I don't think Yin Yoga is particularly good for astral projection, but it certainly is a good vehicle for consciousness study.

Yoga Nidra

Yoga Nidra is a technique for putting the body to sleep while you remain awake watching it. It involves placing your attention on each of your body parts, one at a time. As you continue to rotate your consciousness around the body, your muscles become more and more relaxed. There is a statement: "we define ourselves by our tension points." This being the case, Yoga Nidra certainly helps to reduce your apparent identity. I would say that the relaxation in Yoga Nidra is very close if not more than what you can achieve in an isolation tank. It is excellent for consciousness study as well as astral projection. I've heard good things about [the iRest formulation of Yoga Nidra](#).

Yoni Mudra / Pratyahara

Instructions from E.C.C.O.

1. You are expected to expect the unexpected every minute, every hour of every day and of every night.

Centerpointe Audio Brain Wave Entrainment

Hi-tech yogis take note, with these audio tracks, you enter the brainwave states associated with meditation regardless of what you do – the audio itself mediates you! And much much faster than Eastern methods.

Zazen

The isolation tank is a tool which eliminates your focus on the things that you normally think are you – you know, the body, gravity, earth, etc, etc. And it is a very effective tool at doing so. Now, zazen is another way of forgetting the body. Let's look at the end results of zen practice:

Eventually, you'll want to just follow the breath and abandon the counting altogether. Just be with the breath. Just be the breath. Let the breath breathe itself. That's the beginning of the falling away of body and mind.

See that last part about the body falling away? That looks pretty much like what you can expect from a tank the second you dive in. Zen takes longer and most people give up before getting there. Many people, like **Shane Stott**, thank God for the tank for this reason.

But that being said, you do start to get on top of your thoughts pretty

quickly with Zen instead of being at the effect of them. So follow **these instructions** and let the fun begin.

This is where you can add appendices or other back matter.